

Korean Spinach Salad

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVINGS: 2



INGREDIENTS:

- 4 cups spinach
- 3 cups water
- 1/2 tsp salt
- 1/2 tsp green onion, finely chopped
- 1/4 tsp minced garlic
- 1/2 tsp sesame seeds
- 1/2 Tbsp sesame oil
- Salt to taste

RECIPE NOTES:

- Use bagged baby spinach to save time.
- For added flavor, toast the sesame seeds: In a pan, roast over medium-low heat for 4 to 5 minutes. Stir occasionally.

DIRECTIONS:

- Trim any spinach roots and rinse under cold running water.
- Bring a small pot of water with 1/2 tsp of salt to boil. Once boiling, plunge the spinach into the pot and leave it for 30 seconds.
- Drain the water. Run cold water over the spinach for 1-2 minutes. Squeeze spinach to remove excess water.
- If you have large spinach leaves, cut them into 2-3 pieces with a knife.
- In a bowl, combine spinach, green onion, garlic, sesame seeds, sesame oil, and salt. Use your hands to mix.
- Serve and enjoy!